

Pain Rehabilitation Cross-Cutting Spinal Cord Injury Symposia

Employing Comprehensive Spine Care: From Mindfulness to the Procedure Table (416638)

📅 Sunday, September 30 ⌚ 3:30 PM - 4:45 PM 📍 Location: Ming

Presenter(s)

**Byron Schneider, MD**Assistant Professor
Vanderbilt University**David Kennedy, MD**Professor and Chair
Vanderbilt University

Panelist(s)

**Kristin Archer, PhD, DPT**Associate Professor and Vice Chair
Vanderbilt University Medical Center

Non-presenting author(s)

**Marni Hillinger, MD**Physician
Scripps

This session is truly multi-disciplinary, covering content regarding integrative health, physical therapy, and spine interventions and how all of these can be used in concert as part of a multi-disciplinary spine care model. An up to day evidence based review of relevant topics will be presented. Practical applications of this, with corresponding case examples will also be covered.

Learning Objectives:

- Discuss the evidence for core strengthening and low back pain
- Understand the potential role of injections in managing lumbar pathology
- Understand the importance of addressing psychosocial risk factors in patients with low back pain and how behavioral techniques can be integrated into practice to improve patient engagement
- Gain insight into key integrative strategies to help modulate low back pain